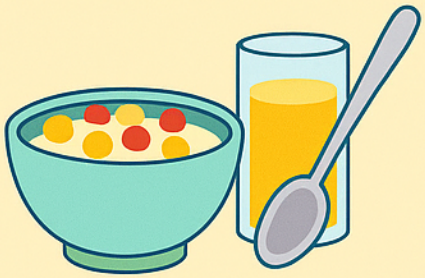
HEALTHY HABITS FOR SUCCESS

Eat a healthy breakfast



Get enough sleep



Stay active



Ask for help when you need it



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